



Aruba's 60th Carnival

Finalists Caiso & Soca Monarch 2014

Aband	AartistName	AsongName	AsongType
Duro	Mighty Campo	Loco Loco (like we going mad)	Soca
Dushi Band	Lord Cachete	Attention	Caiso
Dushi Band	Caiso Teddy	Chaos	Soca
Dushi Band	Mighty Dancer	Hink'e Den Dje	Soca
Impak Band	Breaka	This is We Time	Soca
Le Groove	Pink Diamond	Try to get an Education	Caiso
Le Groove	Blacky	Heart & Soul 4 D'60	Soca
Le Groove	Diamond Chip	Wild and Nasty 4 D'60	Soca
Le Groove	T-Money	Jump & Breakaway, it's 60	Soca
Le Groove	Lady Amazon	Line Up	Soca
N.B.O.	Lady V	When will we learn	Caiso
N.B.O.	Valentino King	Ikke Ikke en de rest mas stikke	Caiso
N.B.O.	Lady V	Don't Hold me back	Soca
N.B.O.	Dancing Queen	It's Legal	Soca
N.B.O.	The Baron	The Mummy	Soca
N.B.O.	Valentino King	Mighty Stinger tell me to F up Soca	Soca
Oreo	Lady Mezzo	Don't Hold Back	Caiso
Oreo	Mighty Talent Jr.	Palo	Caiso
Oreo	Lady Mezzo	What a feeling	Soca
Oreo	Mighty Talent	Carnaval Cheezy	Soca
Paraketo	Jaws	Tribute to Tsambelho	Soca
The Failures	Lord skinny	Melody in meh culture	Soca
The Failures	Dr. Boa	Old time mass	Soca
The Perfect sound	Queen Noush	Carnival we Party	Soca
Tsunami	Dr.Steeve	Heckle & Teckle	Caiso
Tsunami	Mighty Ninja	Don't rush it	Soca
Upgrade	King Jeon	e bala di	Caiso
Upgrade	Ritmo Real	Size ain't a problem	Soca
XC_Lanz	The Commissioner	Aruba one big happy family	Caiso
XC_Lanz	The Commissioner	Faya bo ta hanja	Soca
Youth Xtreme	Kempi	Mas Placa	Soca
Youth Xtreme	Razor Sharp	First Place	Soca
Youth Xtreme	101 (One O One)	Laga Los	Soca
Zeta Band	Mighty Tattoo	Nada Contra Bo	Caiso
Zeta Band	Mighty Tattoo	Los Lage	Soca

Carnaval Schedule

SAT - Feb 15: Grand Final Caiso & Soca Monarch 2014 (Location - The Carnaval Village in San Nicolas)
8 p.m.

SUN - Feb 15: Grand Children's Carnaval Parade San Nicolas - 12 p.m.

Line-up for San Nicolas Children's Parade this Sunday!



Opening: TBS Brassband

Group #1: Don Flip Carnaval Group - theme: Carnival Parties - Band: D-Licious - participants: 400

Group #2: Baby Champagne - Theme: World Disney Magical - Band: Tsunami - part.: 300

Group #3: Deja Kids - Theme: Celebration - Band: Xc-Lanz - part 100

* Band with winners Children's Calypso and Roadmarch

Group #4: Jolly/Wizz Kids - Theme: Shine Bright like a Diamond - Band: Claudius & Oreo - part.: 250

Group #5: Little Groovers - Theme: 12 months of The life of an Aruban kid - Band: Le Groove - part.: 109

Group #6: TOB - theme: Good Night Sleep Tight - part.: 250

Last lap: BMW

Total participants: 1409

Hospital dietitians have important nutrition tips for Carnaval parades

ORANJESTAD – The Horacio Oduber Hospital dietitians wish to share some valuable tips to observe while spending long days in the sun, participating in or observing the Carnaval parades.

Proper nourishment is very important during these events, especially for children and the elderly. Be sure to partake of a meal at the start of the day, before leaving the house, preferably of non-fat food, such as a sandwich with a drink or cornflakes with milk.

Mrs. Geraldine Jean-Baptiste-Tromp and Mrs. Angelique Salsbach of the Dietetic Department at the hospital place great emphasis on hydration, nutrition and protection for the most vulnerable among the community, namely the children, elderly and individuals with chronic diseases, like diabetes. Do not stay long hours without eating or drinking, especially if you are standing in the heat and sun.

A person standing still uses energy, sweats and sheds fluids. It is advisable to drink copious amounts of liquid, preferably water. For nourishment, it is advisable to have 'grab and go' food. It is easier, and the food stays

fresh for a longer period, especially when standing in the sun and/or a hot environment. The dietitians recommend 'cereal bars', 'crackers' and sandwiches that do not contain meat or mayonnaise. If you are planning to take perishable food, then keep it in a cooler with ice.

Other tips are:

- Wear fresh, light colored clothing that protects you against the sun.
- Use a sun block
- Take the sun block with you to apply a few times during the parade
- The use of a hat is advisable.

Mrs. Salsbach and Mrs. Jean-Baptiste-Tromp recommend all diabetics to inform one or more persons in their group about their condition, in case they need help. Heat and movement, with the resulting perspiration and loss of fluids, and/or drinking alcohol can lower the sugar level. This can be avoided by combining alcohol with snacks that contain readily digested carbohydrates like a sandwich, cereal bar, etc.

The Horacio Oduber Hospital team wishes everyone a safe and happy Carnaval season.